



Laparoscopic Ventral/Incisional/Umbilical Hernia Repair

When do I go home?

- Most people will be able to go home after surgery. However, a brief overnight stay may be ordered. Plan accordingly. Someone must drive you home.

Pain Control

- You will be given pain medications at the time of surgery and a prescription to fill at the time of discharge. Most of the pain is from bruising and swelling. Medications like Motrin, Advil and Ibuprofen are very helpful after these operations. If you are allowed to take these medications, you should do so. Two or three tablets every 8hrs during the first 5 days after surgery is recommended. Resume all the medications you were taking before surgery unless instructed otherwise.

Dressing changes/Wound care

- You may be given an elastic abdominal binder to wear after surgery. Its purpose is to compress the skin over the old hernia site to prevent the accumulation of fluid under the skin. This will improve the cosmetic result. Often we will place a roll of gauze over the hernia to aid in compression. It is OK to remove the binder and gauze to shower on the day after surgery. Please replace the gauze and binder and wear 24hrs a day during the first week. A clean cotton sock can be used to replace the gauze.
- You will generally have 3 or 4 small incisions. Bruising and tenderness in these areas is not uncommon. A small amount of drainage may occur from these incisions in the first 24hrs. Increasing tenderness with continued drainage is not typical and should be reported to Dr. Gillian's office. Antibiotic ointments and "skin lotions" are not required for care of the incisions. Daily washing with mild soap and water is all that is necessary. The band aids if present can be removed after 24hrs but leave the underlying tape or glue on the skin to achieve the best cosmetic result. It will usually fall off in a week or so.

Diet/Bowel function after surgery

- Bowel activity after abdominal surgery can be very variable. Constipation, diarrhea, mild nausea and occasional vomiting can occur. They result from variable responses to antibiotics, pain medicines and manipulation of the bowel. Most problems are mild and resolve in 24 to 48hrs if they occur. During this time good oral intake of non-caffeinated liquids is more important than solid food.

Post-surgery care

- You will be asked to return to the office for your postoperative evaluation 7 to 10 days following your surgery. Please call the office where you were last seen. Do not go to your primary care physician with postoperative problems. Notify our office first. The instructions above are meant to be a guide. Feel free to call the office with any other issues.